

**FAST "B/C" – NT Division 1
Short COURSE Invitational
Sanction #042-08**

Date: October 18 - 19, 2008

Location: Wilkerson-Greines Activity Center, 5100 C.A. Roberson Blvd., Fort Worth, Texas. Take Wichita St. Exit from 1-20 next to Clark Field.

Facility: The natatorium is a 50 meter indoor facility, divided into a 25 yard / 8-lane competition pool and a 25 yard / 10-lane warm up pool. Colorado timing equipment will be used. There is ample bleacher space. Showers and locker rooms are provided. There is ample parking.

<u>Schedule:</u>	<u>Warm up</u>	<u>Meet starts</u>
Session I: Saturday, October 18	Warm up – 8:00 - 8:30 am	8:45 am
Session II: Saturday, October 18	Warm up – 10:30 – 11:15 am	11:30 am
Session III: Sunday, October 19	Warm Up – 8:00 - 8:45 am	9:00 am

Warm Up: The first 20 minutes of Session I and the first 30 minutes of Session II and III will be general warm up in all lanes. No sprinting or pace work is allowed during this period. NO DIVING is allowed from the blocks or the edge of the pool. Swimmers must enter the water feet first in a cautious manner. During the last 10 minutes of warm up for Session I and the last 15 minutes for Session II and III the following procedures will be in effect:

Lanes 1 & 8	Push starts. Pace. Circle swimming only. NO DIVING.
Lanes 2, 3, 6 & 7	Racing starts, exit opposite end of the pool.
Lanes 4 & 5	General warm up lanes. Circle swimming only. NO DIVING.

Sanction and Liability: The sanction number is 042-08 held under the sanction of USA-Swimming, Inc. (USA-S).

In granting this sanction and by any person's participation in the meet, it is understood and agreed that USA Swimming, Inc. (USA-S), North Texas Swimming, Inc. (NTSI), all meet officials, Fort Worth Area Swim Team, Wilkerson-Greines Activity Center, The Fort Worth ISD and employees shall be free from any liabilities or claims for any damages, even if such liabilities or claims are due to the negligence of such organizations, arising by reason of injuries to anyone during the conduct of the meet. Damage to the facility, when proved, will cause the offending swimmer, if unattached, or the offending swimmer's club, if attached, to be held accountable for repairs.

Rules: Current USA-S Rules and Regulations apply. NTSI safety guidelines and warm up procedures will be in effect. No glass containers are allowed in the facility. Strollers and playpens will not be allowed in order to comply with the fire code and the Safety Marshals have authority to enforce the Fort Worth fire code, in addition to USAS rules & regulations. **To meet safety regulations, the pool deck is limited to swimmers, coaches, officials and meet personnel only. Parents and other spectators must remain in the seating bleachers above the pool. No food and drinks are allowed in the pool area. There will be an assigned area for swimmers to store coolers.**

Meet Operations: Positive check in is required for all events.

Eligibility: No entries will be accepted unless the entrant is an athlete member of USA Swimming, Inc. Every club entered as a team in a North Texas Swimming, Inc. sanctioned meet shall be a member of USA Swimming, Inc. The USA Swimming ID number must be placed on the consolidated entry form. For other eligibility requirements, see North Texas P&P Sections 3&4. **The swimmer's age as of October 18th, 2008 shall determine their age for the entire meet.**

Entry Limit: Swimmers may participate in a maximum of five (5) individual events plus one (1) relay event each day.

Entry Fees: Entry fees are \$3.25/individual event, \$6.50/relay event. Entry fees must accompany consolidated entry form or disk. Late entries will be accepted until 30 minutes before the start of each session at \$9.75/individual event, per NT-LSC guidelines. Athletes who wish to late enter must present their current registration card or facsimile and a current print out of their times from SWIMS.

E-mail team entries are preferred, and will be accepted as an attachment to an e-mail message (attach the meet entries file) along with an attached file of the "meet entries" report (by name) and an attached file of "meet entries fee" report. Include the name, phone number and e-mail address of the person who prepared the entries. E-mail entries must be received by the deadline and payment must be postmarked that day. E-mailed entries will be confirmed as received within 24 hours. Individual entries must be on the consolidated entry form and received by the deadline with payment.

Entry Deadline: Entries must be received no later than 6:00 PM Tuesday, October 7, 2008.

Entries: When submitting entries, include the name, email address and phone number of the person preparing team entries. **Make checks payable to FAST.** Send entries and payment to:

Graham Ayers
RE: Meet Entries
4613 Fieldcrest
Ft. Worth, TX 76109

Email entries to:
graham.ayers@sprint.com

NO DECK REGISTRATIONS WILL BE ACCEPTED

Seeding: All events shall be conducted as timed finals and will be deck seeded. Seed times entered should be the swimmer's best time for the stroke and distance. If the swimmer has not previously competed in the stroke and distance, NT (No Time) should be entered.

Check-in: Check-in & scratch procedures for the seeding of the meet is as follows:

<u> X </u>	Indicates swimmer is present and wants to swim the event
<u> SCR </u>	Indicates swimmer does not want to swim the event
<u> </u>	Indicates swimmer is not swimming for unknown reasons

The Check-in deadline for each event is 30 minutes prior to the scheduled start of the event.

Psyche Sheets: Psyche sheets for both days will be available at a one-time charge of \$5.00.

Final Results: Final results will be posted to the North Texas website within 10 days.

Awards: First through eighth places for each individual event and first through third places for each relay event will receive ribbons. Awards shall be available for individuals to pick up during the meet. Awards that are not picked up will be distributed at the next LSC meet.

Scoring: Individual events will be scored: 9, 7, 6, 5, 4, 3, 2, 1. Relay events will be scored 18, 14, 12, 10, 8, 6, 4, 2.

Concessions & Hospitality: Concessions will be available. However, food and drinks will not be allowed on the pool deck. Hospitality will be available for coaches and officials only.

Questions: Contact Graham Ayers at 817-926-1006.

List of Officials:

Head Referee:	Karen Rourke
Starter(s):	Phil Lakota
Stroke and Turn Judges	Jeff Mucher, Steve Plamondon
Head Safety Marshall	David Dena

Session I - Saturday Morning

Girls		Event Description		Boys
1		8&U 100 Free Relay		2
3		8&U 25 Free		4
5		8&U 25 Back		6
7		8&U 25 Breast		8
9		8&U 25 Fly		10
11		8&U 50 Free		12

Session II – Saturday Morning / Afternoon

Girls	Slower Than “BB”	Event Description	Slower Than “BB”	Boys
13		10&U 200 Free Relay 11-12 200 Free Relay		14
15		12&U 200 Free		16
	2:58.29	10&U	2:50.89	
	2:31.79	11-12	2:27.99	
17		12&U 50 Back		18
	43.49	10&U	43.89	
	37.09	11-12	36.79	
19		12&U 100 Breast		20
	1:46.69	10&U	1:44.79	
	1:29.29	11-12	1:28.39	
21	2:50.19	11-12 200 Back	2:46.59	22
23		12&U 100 IM		24
	1:34.39	10&U	1:31.39	
	1:20.29	11-12	1:18.29	
25		12&U 50 Free		26
	36.19	10&U	35.59	
	32.19	11-12	30.99	
27		12&U 100 Fly		28
	1:42.09	10&U	1:40.59	
	1:20.59	11-12	1:19.29	
29	13:57.39	11-12 1000 Free*	13:52.99	30

*The 1000 Free will be swum fastest to slowest, alternating heats of girls and boys. Swimmers need to provide their own timers and lap counters for this event.

Session III - Sunday Morning

Girls	Slower Than "BB"	Event Description	Slower Than "BB"	Boys
31		10&U 200 Medley Relay 11-12 200 Medley Relay		32
33		12&U 50 Fly		34
	42.99	10&U	41.99	
	35.39	11-12	35.49	
35		12&U 100 Free		36
	1:22.09	10&U	1:19.99	
	1:08.29	11-12	1:08.09	
37	3:12.49	11-12 200 Breast	3:07.39	38
39		12&U 200 IM		40
	3:19.39	10&U	3:18.09	
	2:51.79	11-12	2:49.69	
41		12&U 100 Back		42
	1:33.99	10&U	1:32.49	
	1:21.89	11-12	1:19.09	
43		12&U 50 Breast		44
	47:79	10&U	48.19	
	41.09	11-12	41.09	
45	2:52.99	11-12 200 Fly	2:51.49	46
47		12&U 500 Free*		48
	7:39.49	10&U	7:35.19	
	6:40.09	11-12	6:35.09	

*The 500 Free will be swum fastest to slowest, alternating heats of girls and boys. Swimmers need to provide their own timers and lap counters for this event.